

# **Instructions for High School Wrestlers** **Using the NWCA On-Line Optimal** **Performance Calculator**

## **How wrestlers access the Optimal Performance Calculator Program.**

Go to the IHSAA web site [www.iahsaa.org](http://www.iahsaa.org) and click on “Wrestling.” Under the “Wrestling” heading click on “NWCA Optimal Performance Calculator”.

1. Once at the NWCA OPC home page, click on “Login”.
2. You will need to “Login” using your student Login ID and Password provided by your coach.

## **How wrestlers view the nutrition program.**

1. Once logged in, put the cursor over the ***Student-Athletes*** tab. A drop down menu will appear and the wrestler will select ***Individual Weight Loss Plan***.
2. The “Individual Weight Loss Plan Form” will appear. The wrestler should print out a copy of this page and retain for their records.

## **How wrestlers create and view their individual diet plans.**

1. Once logged in, put the cursor over the ***Student-Athletes*** tab. A drop down menu will appear and the wrestler will select ***Nutrition Program***.
1. The wrestler will be taken to their personal NWCA nutrition program. The wrestler should follow the step-by-step instructions on each page of the nutrition program. The plan will allow for the proper allotment of calories, carbohydrates, protein, and fats that corresponds to the individual’s weight loss plan.
2. Once the athlete finishes selecting his/her food selection, they should print out their diet plan.
3. Athletes can plan their diets for the full week if they like and print out each day’s diet.

### **How wrestlers can track their daily activity.**

1. Once logged in, put the cursor over the **Student-Athletes** tab. A drop down menu will appear and the wrestler will select **Physical Activities**.
2. The wrestler will be taken to their personal NWCA physical activities plan. The wrestler should follow the step-by-step instructions. The plan will allow wrestlers to choose activities and have the calories burned automatically calculated.

***Remember to log off when you are finished using the OPC.***

### **How to Contact the NWCA.**

For more information, please visit the NWCA Optimal Performance Website at [www.nwcaonline.com/performance](http://www.nwcaonline.com/performance). For problems or questions please contact Pat Tocci at the NWCA office at 717-653-8009 or email at [ptocci@nwca.cc](mailto:ptocci@nwca.cc)

8/07